

War isn't over when it ends, nor is a soldier's battle done just because he has come home. As the war in Iraq continues, we have seen more and more of our veterans returning home bearing serious psychological wounds. Just as we owe it to them to provide care for their physical injuries, we must provide our wounded warriors with mental health care. There are some battles even the strongest cannot win alone, and there are resources out there to help. If you or someone you know is struggling, please call 1-800-273-TALK. The National Suicide Prevention Lifeline is available 24-hours a day, seven days a week. Anyone can call, but the mental health professionals include veterans, experts on the stresses of combat, and people who understand the difficulties of returning home from a war zone. Sometimes, it takes the strength of a warrior to ask for assistance. If you want to learn more about suicide prevention for veterans, visit: www.mentalhealth.va.gov.